SPANISH · SIDE

Pipirrana (Spanish Tomato Salad with Tuna and Egg)

Pipirrana

20 min · Serves 4 · 280 kcal a serve · Video 6:52 · Spain on a Fork

Pescatarian · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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17 g protein and under 7 g net carbs a serve: tomatoes, green pepper and spring onion with tuna and egg, dressed with a garlic, egg yolk and olive oil sauce instead of mayonnaise. No sugar, flour or dairy.

Diet notes: Keto (6.7 g net carbs a serve).

Ingredients 8 · SERVES 4

- [ ] 2 large **eggs**
- [ ] 4 large **tomatoes**, diced
- [ ] 1 **spring onion**, finely chopped
- [ ] 1 **green bell pepper**, finely chopped
- [ ] 2 **garlic** cloves, roughly chopped
- [ ] 60 ml extra **virgin olive oil**
- [ ] 2 cans **tuna** in olive oil (110 g each), drained
- [ ] **sea salt** to taste and black pepper

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish, Egg. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the eggs in a saucepan with just enough water to cover and bring to a boil over high heat. Cover, turn off the heat and leave exactly 10 minutes. 0:54
2. Meanwhile dice the tomatoes and finely chop the spring onion and green pepper. Pound the garlic in a mortar with 2 spoonfuls of the green pepper and a pinch of salt to a paste. 1:30
3. Cool the eggs in iced water for 2–3 minutes and peel them. Halve them, finely chop the whites and add the yolks to the mortar, mashing them into the garlic paste. 2:04
4. Slowly work in the olive oil, stirring all the time, to make a smooth sauce. 3:11
5. Combine the tomatoes, onion, green pepper and chopped whites (keep a spoonful of pepper and egg white for the top), pour over the sauce, season and mix. 3:45
6. Drain the tuna, flake it over the salad and fold it in. Top with the reserved pepper and egg white. 4:22

> **Tip** The mashed yolk, garlic and olive oil make a light dressing that clings to the tomatoes without any mayonnaise.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
280 kcal	17 g	9.5 g	2.8 g	20 g	600 mg
1,170 kJ	34% of a day	6.7 g net · 5.8 g sugars	10% of a day	3.3 g saturated	26% of a day
		3% of a day		25% of a day	

Energy from net carbs 10% · protein 25% · fat 65% — fits keto: 6.7 g net carbs, 65% of the energy from fat

High in (20%+ of a day) Selenium 70% · Vitamin C 56% · Vitamin B12 48% · Vitamin K 42% · Vitamin E 24%

Source of (10–19%) Vitamin B6 18% · Vitamin D 16% · Vitamin A 14% · Potassium 13% · Omega-3 13% · Folate 11% · Zinc 10%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=Cq2KN11xS-M. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/pipirrana-jaenera